

PERIOD 1
aug - sep

Sports subject 1
CrossFit
Cycling
Fitness
Climbing and bouldering
Outdoor
Powerlifting and strength training

Sports subject 2
Beachvolley and volleyball
Cardio
Hyrox
Powerlifting
Surfing
Weightlifting
Yoga

Sports subject 3
Football
Racquet sports
Climbing and bouldering light
Mountain bike
Trampoline gymnastics
Wakeboard

Specialization subject
Anatomy and training
Politics, society and history
Knitting and crochet
Speak up
Teambuilding

Competency subject
Ambulance
You can do it yourself
Fitness personal trainer
Police
Rappelling and rope activities
Strength trainer 2
Strength- and physical trainer (diploma trainer)

Elective subject
Creativity
Mindfulness
Music
Psychology
Health, food and lifestyle

Focus subject
International subject
Outdoor Explorer
Personal training

Elective subject
Diving
Choir

Common subjects
Family group
Community meeting
Singing
Common lesson
Lecture
Morning assembly

PERIOD 2
sep - dec

Sports subject 1
CrossFit
Cycling
Fitness
Climbing and bouldering
Outdoor life
Powerlifting and strength training

Sports subject 2
Volleyball
Cardio
Fitness 360
Powerlifting
Hiking
Weightlifting
Yoga

Sports subject 3
Ball games
Padel
Climbing and bouldering light
Agility
Swimming
Board sports

Specialization subject
Anatomy and training
Politics, society and history
Ceramics
Debate
Creativity and innovation

Competency subject
Ambulance
Sensorik and Fine Tasting
Fitness personal trainer
Police
Climbing instructor
Strength trainer 2
Strength- and physical trainer (diploma trainer)

Elective subject
Creativity
Sports massage
Ensemble playing
Philosophy
Winter bathing
Board games

Focus subject
International subject
Outdoor Explorer
Personal training

Elective subject
Nutritionist certification
Choir
First aid

Common subjects
Family group
Community meeting
Singing
Common lesson
Lecture
Morning assembly

PERIOD 3
jan - mar

Sports subject 1
CrossFit
Cycling
Fitness
Climbing and bouldering
Outdoor life
Powerlifting and strength training

Sports subject 2
Volleyball
Cardio
Fitness 360
Powerlifting
Hiking
Weightlifting
Yoga

Sports subject 3
Ball games
Padel
Climbing and bouldering light
Agility
Swimming
Board sports

Specialization subject
Anatomy and training
Politics, society and history
Knitting and crochet
Debate
Creativity and innovation

Competency subject
Ambulance
Sensorik and Fine Tasting
Fitness personal trainer
Police
Climbing instructor
Strength trainer 2
Strength- and physical trainer (diploma trainer)

Elective subject
Creativity
Sports massage
Music
Philosophy
Winter bathing
Board games
Diploma trainer

Focus subject
International subject
Outdoor Explorer
Personal training

Elective subject
Nutritionist certification
Choir

Common subjects
Family group
Community meeting
Singing
Common lesson
Lecture
Morning assembly

PERIOD 4
mar - jun

Sports subject 1
CrossFit
Cycling
Fitness
Climbing and bouldering
Outdoor
Powerlifting and strength training

Sports subject 2
Beachvolley and volleyball
Cardio
Hyrox
Powerlifting
Surfing
Weightlifting
Yoga

Sports subject 3
Football
Racquet sports
Climbing and bouldering light
Golf
Trampoline gymnastics
Stand up paddle

Specialization subject
Anatomy and training
Politics, society and history
Ceramics
Speak up
Teambuilding

Competency subject
Ambulance
You can do it yourself
Fitness personal trainer
Police
Rock climbing and multi-pitch
Strength trainer 2
Strength- and physical trainer (diploma trainer)

Elective subject
Creativity
Mindfulness
Ensemble playing
Psychology
Health, food and lifestyle
Board games
Diploma trainer

Focus subject
International subject
Outdoor Explorer
Personal training

Elective subject
Diving
Choir
First aid

Common subjects
Family group
Community meeting
Singing
Common lesson
Lecture
Morning assembly